

## Borderline Personality Disorder

Name: \_\_\_\_\_ Date: \_\_\_\_\_

People who have addiction problems often develop, even before their alcohol and drug problems occurred, chronic problems with rapid mood swings, romantic and other relationships, and impulsivity, and instability in how they view their lives. Knowing about this may help us better tailor treatment for a person. This survey is designed to help us learn more about problems you may have had in these areas. The following questions ask you about longstanding problems you may have had. They ask about your relationships with other people, your self-image, mood swings, and impulsive behaviors. Please answer each question "yes" or "no" by circling the appropriate response to the left of the question. Please answer the questions honestly and accurately. We understand that most people will not answer yes to all of these questions. However, it is pretty common that people with addiction problems have had some of these types of problems. **All your answers will be kept confidential. Please give your completed form to a staff member.**

### **When NOT under the influence of alcohol or drugs, and since you were an adolescent:**

1. YES NO Have you often become frantic when you thought that someone you really cared about was going to leave you?
2. YES NO Have your relationships with people you really care about had lots of extreme ups and downs?
- 3a. YES NO Have you all of a sudden changed your sense of who you are and where you are headed?
- 3b. YES NO Has your sense of who you are often changed dramatically?
- 3c. YES NO Have you been different with different people or in different situations, so that you sometimes didn't know who you really are?
- 3d. YES NO Have there been lots of sudden changes in your goals, career plans, religious beliefs, sexual orientation, and so on?
4. YES NO Have you often done things impulsively, like shopping, having sex, binge eating, reckless driving, etc?
- 5a. YES NO Have you tried to hurt or kill yourself or threatened to do so more than once?
- 5b. YES NO Have you cut, burned, or scratched yourself on purpose, or threatened to do so, more than once?
6. YES NO Have you had a lot of sudden mood changes, like feeling suddenly very sad or hopeless, very angry or irritable, or very anxious, even over the course of hours or a few days?
7. YES NO Have you often felt empty inside?
- 8a. YES NO Have you often had temper outbursts or gotten so angry that you lost control?
- 8b. YES NO Have you often hit people or thrown or damaged things when you got angry?
- 8c. YES NO Have you often found that even little things have gotten you angry?
- 9a. YES NO Have you had brief periods when you became very suspicious of other people when you were under a lot of stress?
- 9b. YES NO Have you had brief periods when have been under a lot of stress, and when you felt that other people, objects, or the scene around you was unreal?
- 9c. YES NO Have you had brief periods when have been under a lot of stress, and when you have done things that you do not remember doing, even though you were not drinking or using drugs?

### **If you answered "yes" to any of the above questions, did this kind of behavior:**

1. YES NO -cause significant problems with your friendships, relationships with adults, or other social relationships?
2. YES NO -cause significant problems in your school performance, particularly in terms of your academic performance or grades?
3. YES NO -cause significant problems with your job performance?

### **If you answered "no" to ALL of questions 1 to 18 circle NO to questions 19-21**

**THANK YOU FOR ANSWERING THESE CONFIDENTIAL QUESTIONS. IF YOU LIKE, FEEL FREE TO DISCUSS THESE ISSUES WITH YOUR COUNSELOR.**